



Welcome to Nutrition Talk!

Week 3

# Ice Breaker

What sayings, actions, or idiosyncrasies have you adopted because of other people?



# Debrief



# Friendly Reminders

- Healthy Aggie baseball tee
- We just ordered nametags
- Smile
- 15 minute break
- Timesheets
  - Thursday 11:59 PM



# Healthy Aggies Blowout

- Tomorrow in the quad 12/19 @ 12:00 PM
- Nutrition Talk
- Food & Cooking
- Nutrition Marketing





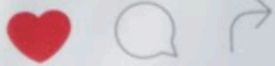






ucdhealthyaggies  
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Now



35,186 likes

ucdhealthvaggies I'm a Healthy Aggie!! 🍎🍊🍌🍇🍆🌱🌍





# Next Week: Food Safety

1. Name the #1 way to prevent foodborne illness.
2. Identify the range of the “temperature danger zone” in foodservice
3. What are some sources you can get E. Coli from?
4. List the 8 Major food allergens.
5. What is pasteurization?
6. You should cook chicken to reach a minimum temperature of...

# Next Week: Food Safety

1. Wash your hands
2. 40-140°F
3. Ground beef, unpasteurized milk, fresh produce
4. Milk, eggs, fish, shellfish, peanuts, tree nuts, wheat, soy
5. Using high heat to kill microbes in food
6. 165°F

# No Tabling Week 6

